

[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) [SIGN-UP NOW!](#) Click to become a Member for Free!



EMPOWERMENT

VOICEAMERICA



## Intuitively Speaking

### Archives Available

**November 10th 2014: Recognizing Your Worth**

How much do you value yourself? We give value to many aspects of our lives, but what about giving it to ourselves in the form of self-respect, self-worth, self-confidence or self-love. On today's show I am joined by friend and fellow coaching colleague, Audrey Holst. Audrey and I are going to discuss why it's so important to value ourselves more and we're going to give you tips on how you can build a positive self-image which is fundamental to personal growth. Tune in to learn how you can become a better version of yourself!

## Tune in

Archives Available on VoiceAmerica  
7th Wave Channel

EPISODE ON DEMAND

VIEW HOST PAGE

SHARE

DOWNLOAD PDF

GET CODE

## Featured Guest



### Audrey Holst

Audrey Holst believes that it's time to stop looking for our Self in all the wrong places! It's no wonder so many of us deal with chronic stress and anxiety and overwhelm and burnout. We are bombarded by so much information on a daily basis that it is common to feel inadequate or like we don't know anything. We start searching for the answers to our questions everywhere other than the one place that the answer really lies - in our very core. The socially accepted mantra, "if only I had \_\_\_\_\_ then I'd be complete" is not serving us and it's time to re-learn that we are all whole from the moment we are born. We just forget it along the way. Through her seven-year career as a Bikram Yoga i

[Read more](#)

## Share This Episode

Share On Facebook

Share On Twitter

Share On LinkedIn

## Connect with VoiceAmerica

Download our mobile apps



Come See what the  
VoiceAmerica  
hosts are writing  
on PRESSPASS